



202 CEDAR ST.
ABILENE, TX 79601
325-676-6025

— NEWS RELEASE —

for more information, contact Dennis Miller, 325-676-6026
dennis.miller@abilenetx.com

You Have the Power to Save Your Memory

The Alzheimer's Association estimates that over 5.3 million Americans currently suffer from some degree of degenerative brain disease. Longer life spans are, of course, a key contributing factor, but lifestyles and eating habits also play a significant part in this epidemic according to many in the fields of medicine and nutrition. Learn what you can do to nutritionally to at least delay the onset by attending "You Have the Power to Save Your Memory". The free program will be presented Tuesday, April 26 at 6:30 p.m. by nutrition coach Dessire Armstrong at the Abilene Public Library downtown, 202 Cedar St.

Statistics show nearly two-thirds of the people who suffer memory loss are women and 200,000 are below the age of 65. By 2025, the number of cases in the U.S. is expected to increase by 40 percent. "Our memory makes us who we are, helps us stay connected to the present and hold onto our favorite parts of the past," according to the speaker. "As diseases that rob us of our memories become more and more common, we need to do everything we can to protect our memory and proper nutrition plays an important role in brain health."

Ms. Armstrong has a Bachelor of Science degree in nutrition and an associate of science degree in gerontology from Abilene Christian University. She has maintained a nationally accredited personal training certification with the National Council of Strength and Fitness and has been with Natural Grocers by Vitamin Cottage in Abilene since 2011.